

## Take care of your teeth!

### Tips for baby and child:

- Babies without teeth should have their gums brushed with a soft baby toothbrush and water daily.
- Babies should not be put to bed with a bottle.
- When teeth appear, start brushing twice a day with a soft, child-sized toothbrush. Children four (4) and under should use a pea-sized dab of children's fluoride toothpaste.



### Tips for teens and adults:

- Brush and floss twice a day – use toothpaste with fluoride.
- Eat a balanced diet.
- Limit/avoid sugary snacks.
- Do not smoke or use chewing tobacco.

Taking good care of your teeth is an important part of staying healthy!  
You should see a dentist twice a year to help your smile last a lifetime!

*Call your dentist today and schedule a visit.  
Thank you for taking this step  
towards good health!*

